

# Methamphetamine, working with family and friends

## Webinar 19 June 2024 Resource list

### Survey

The Family and Friends Survey - <https://www.uow.edu.au/the-arts-social-sciences-humanities/research/the-family-and-friends-survey/>

### Resources for clinicians

Tools for Change: NADA practice recommendations - [https://www.nada.org.au/wp-content/uploads/2021/01/13\\_Tools-for-change.pdf](https://www.nada.org.au/wp-content/uploads/2021/01/13_Tools-for-change.pdf)

The 5-Step Method - <https://www.afinetwork.info/5-step-method-resources-introduction>

### Resources for families

Alcohol and Drug Foundation - <https://adf.org.au/help-support/path2help/>

Drug information and support for families - <https://www.breakthroughforfamilies.com/resources>

Family and Friend Support Programs - <https://ffsp.com.au/>

SMART Recovery for Family and Friends - <https://smartrecoveryaustralia.com.au/support-for-families-of-addicts>

ISLHD Drug and Alcohol Service video – Support for families - <https://www.islhd.health.nsw.gov.au/services-clinics/drug-alcohol-service/support-family-and-friends>

### MAUD Resources for families

Cracks in the Ice - <https://cracksintheice.org.au/families-friends>

Factsheet for families - <https://insight.qld.edu.au/shop/meth-check-factsheet-for-families>

### Contacts for families

National Alcohol and Other Drug Hotline: 1800 240 015

Family drug support – 1300 368 186 <https://www.fds.org.au/>

Family Drug and Gambling Help: 1300 660 068 - <https://www.sharc.org.au/sharc-programs/family-drug-gambling-help/>

Families and AOD Research Network – Contact: Clare Rushton  
[cr566@uowmail.edu.au](mailto:cr566@uowmail.edu.au)

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### Journal articles

(Copello et al., 2010) The 5-Step Method: Evidence of gains for affected family members

(Peart et al., 2023) Online Peer-Led Support Program for Affected Family Members of People Living with Addiction: a Mixed Methods Study

(Rushton et al., 2024) SMART Family and Friends: Feasibility and outcomes of a video-conference delivered intervention for families impacted by another's methamphetamine use

### Review articles

(Rushton et al., 2023) The effectiveness of psychosocial interventions for family members impacted by another's substance use: A systematic review and meta-analysis

(Sanatkar et al., 2022) A Systematic Literature Review and Narrative Synthesis of Effective Interventions for Family and Caregivers of People who use Methamphetamine

### Qualitative studies

(Bascombe et al., 2023) Methamphetamine and emerging drugs of concern: A training needs analysis of Australian alcohol and other drug helplines

(Gordon et al., 2023) 'Ice in the Family': exploring the experiences of close family members when another family member is using methamphetamine. a longitudinal qualitative study

(Simpson et al., 2023) 'I no longer know that person': Experiences of families living with someone using crystal methamphetamine

Fees may apply for some of these resources